

No More

Compte: 48

Mur: 3

Niveau: Improver

Chorégraphe: Jérôme Ciurana (FR) - May 2024

Musique: Down to Your Last One More - Billy Dean



Déscriptif : 16 Counts do 48/48/32*/48/32*/32*/48**/ Counts 33-48// then do the dance

[1-8] BACK X3, POINT LEFT BACK, WALK LEFT /RIGHT, POINT LEFT, CROSS

- 1-2-3 Step RIGHT back, Step LEFT back, Step RIGHT back
- 4 Point LEFT back
- 5-6 Step LEFT forward, Step RIGHT forward
- 7-8 Point LEFT to left side, Cross LEFT over right

[9-16] POINT RIGHT, CROSS, POINT LEFT, JAZZ BOX 1/40 TURN LEFT CROSS, HOLD

- 1-2 Point RIGHT to right side, Cross RIGHT over left
- 3 Point LEFT to left side
- 4-5 Cross LEFT over right, Step RIGHT back
- 6-7 1/4 turn left and step LEFT to left side, Cross RIGHT over left
- 8 Hold

[17-24] SIDE LEFT AND DOUBLE HIP BUMP TO LEFT, DOUBLE HIP BUMP RIGHT, HIP ROLL X 2

- 1&2 Step LEFT to left side and push hips to left twice
- 3&4 Push hips to right twice
- 5-6 Roll hip contra-clockwise
- 7-8 Roll hip contra-clockwise

[25-32] CROSS TOE STRUT, SIDE TOE STRUT, CROSS TOE STRUT, SIDE TOE STRUT

- 1-2 Cross LEFT toe over right, Drop LEFT heel on floor
- 3-4 RIGHT toe to right side, Drop RIGHT on floor
- 5-6 Cross LEFT toe over right, Drop LEFT heel on floor
- 7-8 RIGHT toe to right side, Drop RIGHT on floor

* NOTA for the restart change count 8 by hold

[33-40] REVERSE LEFT ROCKING CHAIR X 2

- 1-2 Step LEFT back, Recover weight on RIGHT
- 3-4 Step LEFT forward , Recover weight on RIGHT
- 5-6 Step LEFT back, Recover weight on RIGHT
- 7-8 Step LEFT forward, Recover weight on RIGHT

[41-48] 1/2 LEFT TOE STRUT, RIGHT TOE STRUT, LEFT VINE , TOUCH

- 1-2 1/2 turn left and LEFT toe forward, Drop LEFT heel on floor
- 3-4 RIGHT toe forward, Drop RIGHT heel on floor
- 5-6-7 Step LEFT to left side, Cross RIGHT behind left, Step LEFT to left side
- 8 Touch RIGHT toe beside left

** NOTA for the final change counts 48 by step RIGHT together

SMILE WHEN YOU DANCE !!!!!!!

Les références des heures ne valent que sur le premier mur

Association spirit of country :

spiritofcountry@hotmail.fr

<https://www.youtube.com/user/MrSPIRITOFCCOUNTRY>
